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With These Tips

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The Arlington Advocate

VOL. 110, NO. 28

2 Sections

The Community Newspaper Since 1872

Thursday, July 15, 1982

26 Pages

35 cents

"People are so damn skeptical about the power of the individual, they don't believe you can get a response from Congress on an issue. You can."

—Celia Suarez



Miguel Suarez

Resident's Wife Works To Get Husband Out Of Cuba

By Catherine Walthers

Arlington resident Celia von Mering Suarez now spends long days before her typewriter and telephone in her dining room. The dining room table in Mass. ave. apartment is covered with stacks of papers, pictures, envelopes and stamps - all necessary materials in her effort to help free her husband, a naturalized US citizen, from a Cuban prison.

Mrs. Suarez isn't sure why Cuban authorities detained her husband, a computer consultant, who left Boston April 21 for a week-long family visit. But she learned he is in Santa Maria prison near Havana on charges of espionage. "There isn't any way they could have proof he is a spy, because he isn't one," says Mrs. Suarez. Instead, she thinks her husband's technological expertise is what interests the Cubans.

The 42-year-old Suarez was born in Cuba and emigrated to the United States in 1961.

"He was very much integrated into American society," his wife says, adding that he has never been involved with Cuban Political exile groups.

His main interest has been in work in the computer field, Mrs. Suarez points out. "He's not happy with what's happened to Cuba, but he's not involved in politics."

Suarez, who came to the US with nothing, put himself through Northeastern University, his wife explains. Since then his technical experience includes helping to develop the Apollo space suit, developing a data bank for antisubmarine warfare analysis and overseas consulting in the CAD-CAM (computer-aided design and computer-aided manufacturing) field for corporations in France, Israel and England. He is co-founder and executive vice president of a computer consulting company, Matra Datavision, in Burlington.

Suarez went to Cuba to visit his ailing mother, who is still in critical condition in a Cuban hospital.

Since 1978 when travel restrictions to Cuba were relaxed, he has traveled to Cuba three other times without any problems.

He obtained a visa in Mexico and flew to Cuba on April 23 and planned on returning May 1, recalls Mrs. Suarez, 36, who at the time was pregnant with her first child.

Two days before Suarez was scheduled to arrive, he phoned his wife to say his return flight was cancelled. Another flight was set, but he again called saying he could not obtain tickets.

His message to Mrs. Suarez was that another flight was scheduled and that he would "definitely arrive" in Boston on May 7.

She was there to greet him, but he never arrived. "He did not come off the flight. I was very upset. I was crying," she recalls. The same day she received a telegram from him saying his mother was very ill, and he would return as soon as he could.

She has not heard from him since. For the next few weeks, she tried to locate him through telephoning relatives in Cuba, the hospital and his hotel. She was able to reach Miguel's father on May 10 and May 16. He told her Miguel was staying with relatives of his mother.

By calling the hospital, she learned that her husband had not been to the hospital in the past 10 days. "There was something wrong," she knew then. She



Celia von Mering Suarez in her apartment on Mass. ave. talking on the phone with Rep. Thomas O'Neill's office.

didn't know whether the father was telling her the truth or whether his conversations were being censored.

"I know it's not a free country," she says. "I don't know how much telephone tapping there is, but I think there is a lot."

Meanwhile, Celia Suarez, gave birth to a daughter, Isabella Maria, on May 27. She sent a telegram to her husband through his father announcing the baby's birth, but received no response.

Through the beginning of June, she was in contact with Miguel's relatives in Florida and continued to send telegrams and make calls.

Finally, on June 15 a friend of the family came to the US for a visit and brought a message from Miguel's father to his uncle in Miami.

She learned his was in prison, although the crime he was accused of was not known. He was in good health, and his father had been allowed to visit him twice.

The last communication came June 28, when she found out he was in Santa Maria prison on charges of espionage.

Armed with this information, Mrs. Suarez went into the "action phase." "My doing things to help my husband," she says. "I have been active with phone calls: finding out how you do things, getting advice from every friend, finding out as much as I could from other people about Cuba and about other detentions."

Her husband's company, Matra Datavision, has been making contacts and has written a letter on Suarez's behalf that has been included in information Mrs. Suarez has been sending to the State Department, Congressmen and many human rights organizations to put pressure on the Cuban government.

"I want everyone to know about it. I want the Cuban community to know it is dangerous to travel to Cuba," she says.

Mrs. Suarez has been in contact with another Massachusetts resident whose Cuban-born brother, a New York City social worker, was detained in a Cuban jail last January and held for 76 days. Through the intercession of a number of Congressmen, especially with Sen. Edward Kennedy's help, that prisoner, 34-year-old Carlos Alvarez, was set free.

Mrs. Suarez says she could also use "constituent protest and appeals to senators and representatives on behalf of my husband." "I know how important it was in the Alvarez case. Why couldn't it work in this case?" she asks.

A packet of information with background on the events and a profile of Miguel Suarez has been sent to more than 100 Congressmen.

The pressure is beginning to have result. On Tuesday Mrs. Suarez received a call from Speaker of the House Thomas O'Neill's office informing her the Speaker received a response to his letter to Fidel Castro, the Cuban leader.

The response, quoted to Mrs. Suarez, was as follows: "Mr. Suarez is under investigation for cooperation with a foreign power ('that means us') and as such he is being held during an internal investigation."

The response also said that due to the Speaker's interest Suarez will be treated with "cordiality."

Sen. Kennedy's office is also helping Mrs. Suarez and has contacted Cuban officials. There was also a message sent in response to Kennedy's letter, she says, adding, "This I'm not at liberty to give."

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Police Arrest Youths After Separate Handbag Snatches

Two would-be handbag snatchers were thwarted Friday afternoon in their attempt to steal an elderly woman's pocketbook with a citizen's aid and quick police response.

Police also solved a handbag snatch that occurred May 31 on Pleasant st.

According to police, a 78-year-old East Arlington woman was walking near Linwood st. and Mass. ave. when two young boys ran up and grabbed her bag. A man who lived in the area observed the robbery and started chasing after the boys.

Meanwhile, the woman entered a nearby home to call police. While being

chased down Mass. ave., the boys dropped the bag. The man recovered the purse which contained about \$60 and returned it to the woman.

Police Officer Robert Vaughan responding to the scene apprehended one of the boys, a 15-year-old Somerville resident, on Orvis rd. The second robber, a 16-year-old Somerville boy, was picked up at his the following day by Arlington Police Insp. Jay Moran.

Both youths are charged with unarmed robbery.

In a separate incident, police issued a warrant for the arrest of a 12-year-old Arlington youth for stealing a pedestrian's purse over a month ago.

The arrest stemmed from a handbag snatch on Pleasant st. May 31 in which a 45-year-old woman was knocked over and robbed of her handbag with about \$160 cash in it.

The youth had fled down Wellington st. toward Spy Pond with the purse.

On July 11, police showed the victim some photographs and she identified one of the youths as the robber. He will appear in juvenile court on Aug. 11 on charges of unarmed robbery.

In other arrests this week, police charged a 19-year-old local male with public drinking at the Summer's Playground Friday night.

Zoning Board Turns Down Alton St. Women's Health Spa

The Zoning Board of Appeals (ZBA) by a 2 to 1 vote turned down permits for a women's health club to be located at 6 Alton st.

For an hour and a half before the vote on July 6 the board heard a presentation about the proposal and neighbors' complaints about the condition of the building and the alley behind the Broadway stores and parking problems.

Applicant Janet Hoban, Robsco Inc., sought the permits to locate a franchise of the Joy Health Spa of Natick Inc. in the rear of the former Town Paint store at Broadway and Alton st. The building is owned by George Famolare.

According to a Planning Dept. memo no permit is needed for parking in addition to Broadway Plaza and Russell Common since the health club would require the same parking as the previous retail use. The department felt the club, while it would have 400 to 600 clients a week, would generate less traffic than the surrounding retail area.

A health club is allowed by special permit. The department recommended that the permit be granted on condition that the alley to the rear first be paved, lighted and secured with a gate, that 50 percent of the Alton st. wall be glass and that employees park in the Russell Common municipal parking lot.

Zoning Board acting chairman Edward Downey read a September 1980 department memo which reviewed complaints of the Helmick family at 12

Alton st. dealing with teens hanging out, blocked driveway, vandalism, truck deliveries, early-morning noise and litter. The memo discussed possible solutions, including paving, lighting and closing off the alley.

Atty. Richard Keshian represented Mrs. Hoban. He likened the spa to a Gloria Stevens and said it would provide a women's physical fitness program unique to Arlington. Keshian said the exercise classes would be held from 9 to 9 daily and from 10 to 2 or 4 p.m. Saturdays. The busy times would be before 10:30 a.m. and after 5 p.m., this would have minimal traffic effect and would be compatible with the business area, he said.

Keshian said patrons would be encouraged to park in the Russell Common lot. He saw little or no detrimental effect for neighbors and presented a petition signed by 250 people at Stop and Shop who thought it would be beneficial to have a health spa at the location.

Saying that he did not think his client should pay the penalty for others' transgressions, Keshian said that some of the Planning Dept.'s suggestions to alleviate concerns of neighbors could be incorporated in the ZBA's decision. He said the health club would not generate the problems of noise, truck deliveries and garbage which were among neighbors' complaints.

When asked why the petition signatures were not from the immediate

area, Mrs. Hoban said she got the signatures at the market during two hours on a Saturday and was unable to collect signatures in Arlington Center on a second Saturday when she locked her car keys in the car trunk. She said many local women belong to clubs out of town and would like to have a local club. She said she and the building owner were investing \$40,000 in the store, she to acquire the franchise and he to fix up the building.

Opponents of the club were led by Atty. Edward B. Hanify of Ropes and Gray, representing Mr. and Mrs. Raymond Helmick of who have lived at 12 Alton st. for 44 years. He characterized the previous presentation as "amazing," saying he heard no reference that the Attorney General has filed action to equity for consumer protection against the franchise.

Hanify said that the gist of the action is that "these people are in a racket opening and closing franchises and defrauding consumers. He accused building owner Famolare of "callous indifference," saying his clients' peace of mind had been destroyed. Famolare could have cleaned up, but has not," Hanify said.

As for the club applicant, "they are completely disqualified from having any operation in this town," Rev. William Helmick, son of the Helmicks, told of

(Zoning - Page 2)

Lifelong Resident William Homer Remained In Arlington By Choice

EDITOR'S NOTE: In April The Advocate published four articles on "The Way We Were," reminiscences by William Homer. Eric Hurwitz interviewed the lifelong resident, for The Advocate.

"Go west young man" is a famous Horace Greeley phrase that suggests every young man should travel on to see the world.

William Homer, 77, followed the rule. He moved westward from Academy st. to Ravine st. to Morton rd. in the past several decades, and reported on others' fame and fortune.

From 1928 to 1933, Homer was with the Boston news staff of Dow Jones. He then worked for The Boston Herald where he stayed until the Hearst takeover in 1972. There, he was financial editor, and did just about everything else from sports to copy editing.

And if that isn't enough, he has been a part-time instructor of journalism at Suffolk University since 1945.

"I don't want to retire, yet," he says. "I'd feel guilty. I wanted to stay busy. Many of my friends retired, and played golf all the time. You can only play golf so long."

Homer attended the Parmenter and Russell Schools, the junior high on Academy st. and Alington High School. He graduated from Harvard College in 1926. He received a B.A. and M.B.A. in business administration.

After graduation, he went to New York City to sell building supplies in Harlem. So far away, he knew he had to get back home to the place of childhood happiness and education and strong family ties.

"There was no home life there," he says. "In Arlington, I had two sets of grandparents on Academy and Gray

sts. I couldn't get that at New York certainly. In New York, I had some college friends, but I had to go far into the suburbs to see them.

"I finally came to my senses. I had family back home, a girl, and it was time to leave the not-so-lucrative position in Harlem."

He took the news bureau position for \$40 dollars a week, not a bad salary for the times. Boston was then the financial capital of the country.

Homer says, "The job was interesting, but unfortunately during the Depression, they fired everyone under 50 years old after Christmas. I was 32 then."

Homer was out of work for a grand total of four days. He joined The Herald for \$25 a week wrote his articles under the financial editor.

Homer says that the journalist then was a different breed. "You used to have a lot of wise guys with cigarettes dangling out of their mouths. Today, you have a lot more educated writers who are more talented and more versatile. You don't have any real strong personalities left. The bosses wouldn't have that much patience with weaknesses."

Homer prides himself most on two projects completed in the 40s. "I did this special on the 100th anniversary of The Herald. We got out eight color sections on various topics. The other favorite was a topic on hospitals: how they work and the advancements. The article was a breakthrough for the period of time."

At Suffolk University he has trained many up-and-coming journalists, some who have hit the big time. Ken Coleman is the play-by-play announcer for the Red Sox on WITS. Paul Corsetti, a Herald reporter, recently was indicted for failing to reveal a source in a murder case. One of Homer's favorite students

was Jerry Maragghy, who is an editor of a paper in Maine.

Homer says of Suffolk, "It provides an excellent no-frills education. Students come from all kinds of different schools and backgrounds. We start them out with a course in English grammar and then a course in straight news writing."

He adds, "The cream of the crop rises, to the top and usually stays there. As for private school students, they can be the

(Homer - Page 2)



William Homer

★Cuba

(Continued From Page 1)

"It sounds optimistic," she says about the first responses to her works of work. "I think the pressure that has been brought made the Cuban authorities treat him better and respond."

Mrs. Suarez is also just receiving other Congressional response from around the country. Millicent Fenwick, a New Jersey representative, has sent a letter to the Cuban Interest section of the Czechoslovakian Embassy, the only embassy in Washington, D.C., with a connection to Cuba, on behalf of Suarez and a New Jersey resident who has been imprisoned in Cuba since December.

Mrs. Suarez continues to spend her days working on this campaign to free her husband whom she married a year ago. She is a professional opera and concert singer. Each morning, Mrs. Suarez takes her baby to a local babysitter and then proceeds to make phone calls and write letters.

"People are so damn skeptical about the power of the individual, they don't believe you can get a response from

Congress on an issue. You can."

Throughout this ordeal, she has thought little of herself while devoting her life to seeing her husband return safely and caring for her newborn. "If I were to dwell on my own feelings, I'd get nothing done. I'd fall apart," she explains.

She says it's been important to shove her feelings aside. "Now is the time to be in one piece to work to get him out of there."

★Homer

(Continued From Page 1)

best or worst students it's that extreme. Some transfers think it's a cinch here and find out it's not."

Homer has 35 students in his class. He assigns them news stories, gives lectures, reads clippings from former students and professionals. He prefers assigning 12 distinct newstories rather than big exams, because "it's more realistic and I remember how you can get shot down on a final after a decent semester."

He sees a new trend with law students entering the writing field. "If they had a

discipline in writing, many of these students would be steps ahead. It's a wise choice."

Homer has been married 47 years to his wife, Charlotte, formerly of Hillside rd., an alumna of Lesley College and former teacher at the Locke School.

He says, "A newspaper man's wife has to put up with a lot. I've always been kind of lucky though. I've always had Saturdays and Sundays off."

The Homers have two children. Steven lives with his wife in Hamilton with their three children. Rosimond Bunnell lives in Wayland with her husband and four children.

Besides family, Homer has offered much to Arlington. He was a trustee at the Arlington Five Cents Savings Bank and is now an honorary trustee. He's been chairman of the trust fund for the Unitarian Universalist Church and trustee of Symmes Hospital, the Robbins Public Library and the Arlington Historical Society.

And what is ahead for the future? "I'll keep teaching. It's great to teach young people," he says.

He adds, "Reliability, dependability and versatility are the most important qualities a journalist can have. I believe I've helped many students attain that goal, and I want to keep active at that. I think I can do it for a little longer."

★Zoning

(Continued From Page 1)

ongoing problems with businesses in the block—noise from the refrigeration units, garbage, odors, and problems with the alley.

Helmick said he opposed anyone going into 6 Alton st. until Famolare does something, saying Famolare and other owners have been irresponsible. All that has happened after previous complaints and meetings with town officials is that the dumpster is collected at a later hour

and a gate has been put on the alley behind the Regent Theater.

(Town Counsel John Maher has since asked the Board of Health to take steps to abate the refuse problem and asked the police to provide more patrol in the area.)

Helmick added concerns about parking in the neighborhood and music and noise from the classes. Four neighbors added their opposition, saying there is no parking, cars back down Alton st. which is one-way, and the street is down to one lane if cars park along it. With 40 patrons coming for class while 40 are still there, as many as 80 cars would be added to the immediate area, said one.

For the next 20 minutes the applicant and those who were accused of wrongdoing and negligence answered some of the charges. Atty. Keshian, saying he knew nothing of the Attorney General matter Hanify brought up, said "it is wrong to make insinuations against her (Janet Hoban) credibility and against what she wants to do."

"It is unfair in a hearing on a special permit to raise these matters as if this woman is responsible for what people have complained about for five years," said Keshian. He said it was wrong to suggest that Mrs. Hoban not be allowed to get into business until someone keeps kids out of the alley. "When the town can't cope, how can this woman?" he asked.

As for the Attorney General's complaints against the franchisor, Keshian said he did not know about it, but a complaint is a series of allegations. His client made a \$20,000 investment and signed a five-year lease and should not be treated as a co-conspirator, he said.

Famolare, the building owner who was criticized by neighbors, said he has owned the building two-and-a-half years. It took a year to get financing and since then he has spent \$45,000 fixing up the stores with plumbing, wiring, insulation, fire doors, facades, heating systems and roof. He said he would pave his part of the alley. "Give me a chance," he asked.

Joy Health Spa treasurer Paul Raftery said the company expected to execute an agreement with the Attorney General's office in the next few days. He said each store is individually owned and for the four that closed which Hanify mentioned another five opened.

Hanify charged that Raftery and the franchisor were brought in by the petitioner and had solicited memberships and were told to stop. There is some connection between Raftery and Mrs. Hoban, he said. At that point chairman Downey limited discussion to the petition.

The hearing was declared closed at 12:10 a.m. The board deliberated for seven minutes before voting. The only favorable vote was from Ara Demurjian who felt that the alley was not the petitioner's responsibility and that parking is a problem everywhere in Arlington, not limited to this site.

ZBA member Robert Welch was concerned about the parking impact on the neighborhood. He felt there are other vacant stores where a club would be better and other uses for Alton st. which would not create a need for parking.

Downey said he did not agree with the Planning Dept. that the proposal would not impair the neighborhood. He said he had a problem with that condition for a special permit until certain things are resolved and until problems on the site are corrected.

Demurjian felt that the club would be beneficial since there is none in town. Welch said he did not disagree, but there are better locations.



COMPLAINTS — Neighbors at a recent Zoning Board of Appeals hearing on allowing a women's health club to locate at 6 Alton st. voiced numerous complaints about the alley behind the Broadway stores. Graffiti, illustrated in this picture by Noreen Murphy, was one of the complaints as well as youths gathering, garbage and noise.

Pollution In The Upper Mystic Lake Will Be Topic 20th

Conclusions reached as a result of a two-year study of urban runoff pollution in the Upper Mystic Lake, and how to control the problem, will be the topic at a public meeting on Tuesday at 7:30 p.m. in the Fox Library, 175 Mass. ave.

This is a session of the Advisory Committee to the Upper Mystic Lake pollution study open to the general public, particularly to lake abutters.

Outlines of the conclusions reached by the study, which has centered on the Aberjona River in Woburn and Winchester and the lake in Winchester, Arlington and Medford, will be given by members of the study team from the Dept. of Environmental Quality Engineering. A discussion of possible methods of control of the pollution will also be held.

Bloodmobile 11-5 At Symmes On 21st

On Wednesday from 11 a.m. to 5 p.m., Symmes Hospital in Arlington will host a Red Cross Bloodmobile in response to a continuing blood supply shortage in Massachusetts. Each day the 200 hospitals in Massachusetts and Maine require 1200 units of blood to meet patient needs.

Every resident of the community who is 17 years of age or over, weighs at least 110 pounds, and is in good health is encouraged to become a donor. Appointments may be made by calling the Community Relations Department at Symmes.

A similar bloodmobile is being held at Choate Memorial Hospital, 21 Warren ave in Woburn, on July 19 from 10 a.m. to 4 p.m.

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The Arlington Advocate (USPS 031-900) is published weekly by Century Publications, Inc., 4 Water St., Arlington, MA 02174. (643-7900). Second class postage paid at Boston, MA. Annual subscription rate is \$11.00 (\$15.00 out of county). Single copy price is 35¢. Postmaster: Send address change to The Arlington Advocate, 4 Water St., P.O. Box 129, Arlington, MA 02174.

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Route 2 Site

Changes Proposed At Office Park

Proposals for longer structures and "under the building" parking have been unveiled by representatives of Mugar-Finard in connection with the Arlington Office Park on Route 2.

The changes in the building structure and the underground parking would pave the way for a wider buffer zone in the

back part of the parking lot between that lot and the neighborhood.

The proposed office complex contains approximately 360,000 square feet of floor space and is located in East Arlington, north of Route 2 and west of Thorndike Field.

A certificate has been received from the Secretary of Environmental Affairs on the Draft Environmental Impact Report.

The report was submitted in compliance with the General Laws, Chapt. 30, Section 62-A and prepared for the Mugar-Finard Group by Vanasse-Hangen Associates Inc., Engineers and Planners of Boston in association with H. W. Moore Associates Inc., consulting engineers. It discusses traffic, air quality, drainage, utilities and open space.

Approximately 300 jobs are expected to be created during construction and 1,000 jobs will be created on a permanent basis after completion.

The proposals discussed at a working session between the Mugar-Finard Group and the Redevelopment Board recently differ from those submitted previously in the shape of the buildings and the amount of green area in the rear of the parking lot.

Previous plans called for two buildings with parking in the rear and a green buffer zone around the property.

The latest proposal calls for two buildings, joined in the center at the top two floors in the form of an archway. The buildings will be sloped lower on the ends, but will remain about the same height in the middle.

Entrance into the buildings and the parking lot will be through the archway from an access road westerly off Route 2.

The buildings will be longer than those previously proposed, and will allow for a better shadow pattern to the rear toward the neighboring houses.

It was also suggested that as a result of the wider buffer zone there would be less flooding during heavy storms onto the parking lot than under previous proposals. Water would run back from the building to the grass strip and be caught in two pipe lines running through two sections of the buffer zones.

The "under the building parking" area would be constructed with pilings on a platform, above the flood plain.

Suggestion for construction would be

that one phase could be built at a time, with one phase able to stand alone, just in case there would be no further construction.

Chairman of the Redevelopment Board Ed Tsoi is concerned that the parking under the structure will make for an unfriendly building, even with buffers.

Tsoi is also concerned about the exterior material, feeling that the door could be left open for the use of brick as compared to some other material.

Construction of the project will be phased over a five-year period with full build-out by 1987. The first phase of the project is expected to be completed by the spring of 1983.

Driver Charged After Striking Trees And Cars

An 18-year-old Somerville woman was arrested on charges of drunk driving following an accident on Ridge st. when the car in which she was driving struck two trees, traveled over someone's yard and damaged three cars parked in a driveway.

Police said the woman was driving down Ridge st. about 5:42 a.m. Saturday when she struck a tree and ran off the road.

The vehicle traveled about 120 feet over the lawn at 65 Ridge st., colliding with a bush and smashing broadside into a car parked in the driveway at 59 Ridge st.

The impact caused the car to push a second car over a small wall causing damage to its undercarriage and both sides. The left side of a third car parked in the driveway was also damaged in the crash.

Police said the woman then backed out of the yard, across Ridge st. and collided with another town-owned tree. The car headed west for about 75 feet before stopping.

She was charged at the scene with driving under the influence of alcohol.



OFF TO JAPAN — Arlington's members of the Arlington Youth Visit Exchange delegation left for Japan at 6 a.m. a week ago Saturday, with well wishes from families and Selectmen Robert Walsh and Robert Havern. From the left, back row, are: Jeff Duboff, Diane Spencer, Curt McGrath, David McGrath, Nancy Dorgan; middle row, Dick Smith, Anne Winkler, Donna Harris, Joyce Weise, Katie Spinos; front, Joan Burke, Paula Mota and Robin Fleck.

Mahoney Launches Senate Campaign

William Mahoney, candidate for the Fourth Middlesex Senate seat, recently launched his campaign at the American Legion Hall in Woburn.

In his remarks to supporters from Arlington, Lexington, Winchester and Woburn, Mahoney said that "the next state senator from this district will be one of 40 charged with deciding all the hard questions for the 6 million of Massachusetts: taxes, gun control, local aid, capital punishment, welfare reforms and more."

Mahoney promised the well-wishers that they would be proud that they stood with him that evening. He also invited them back, along with others who take the time to get involved in the political process, for a victory party in September.

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An allergic response is an excessive inflammatory reaction to a stimulus such as house dust, specific foods, pollens, et cetera which in the normally-functioning body do not cause inflammation.

The Chiropractic approach to allergies is to discover why.

The adrenal gland secretes hormones which are anti-inflammatory and pro-inflammatory in nature. These hormones give the body the ability to keep inflammation in check. An individual with an adrenal insufficiency is fighting a war with inflammation when a harmless substance invades the body. The adrenal glands also help protect the body from stress. If it is determined that you have an adrenal insufficiency, it becomes necessary for you to eliminate all possible forms of stress to your body. This is similar to putting an injured arm in a sling while it repairs.

The reduction of stress gives your adrenal glands time to repair and helps them to react normally to your "allergies."

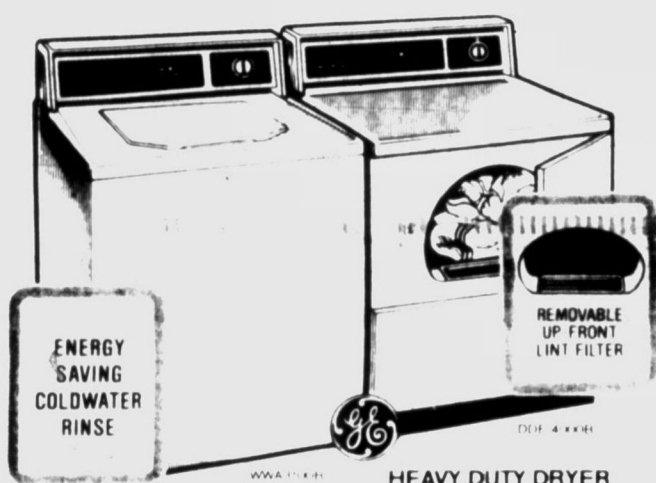
Acid-alkaline imbalance is a common contributing factor to allergies, especially those allergies associated with food. If it is determined that you have an acid-alkaline imbalance, you may need nutritional supplements to help bring this balance back in line.

Nerves control the entire body and are closely associated with the adrenal glandular function and the acid-alkaline control. A misaligned vertebra in your spine can cause a malfunction of the adrenal gland and also cause an acid-alkaline imbalance.

Chiropractic care restores the integrity to your nervous system as it eliminates nerve interference. There has never been a more effective method for the long-term correction of allergies. You must remember, however, that the cure comes only from within your own body. It is the Chiropractor's responsibility to return your body to normal function.

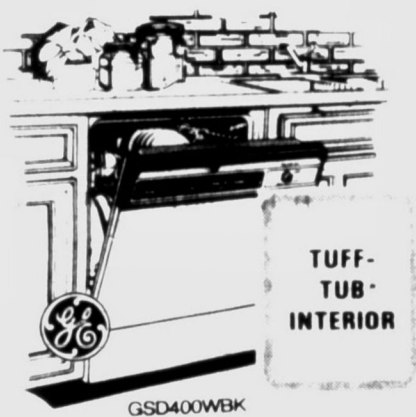
If you are taking symptomatic treatments to mask the symptoms of allergies, remember the long-term side effects of artificial chemicals in the body have never really been fully tested. Also remember the five most dangerous words are "MAYBE IT WILL GO AWAY!"

Dr. John P. DeFilippo maintains Chiropractic Offices at 400 Massachusetts Avenue, Arlington Center, Phone 688-8000.



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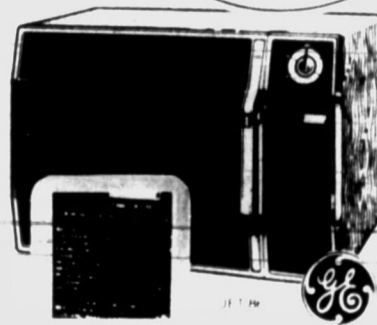
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VISA

Fire Division Staffing Set At 19 For Two More Weeks

Town Manager Donald Marquis said that this specific point was not raised in the earlier discussion. He said that no matter how many men are on duty, the


Selectman Robert Havern explained the dilemma that the high overtime because of the vacation season is causing. The Town Meeting voted funds for nine men, but Selectmen put 10 in the budget, figuring that the lag time in hiring would save enough money in the personnel expenses to pay for the additional position for the remainder of the year. Murray said that at the rate the overtime is being spent the department

Officer Steele will be at the following playgrounds; July 21 - 9:30 a.m. - Bishop and 10:45 a.m. - Parallel, July 22 - 9:30 a.m. - Peirce and 10:45 a.m. - Pheasant, July 27 - 9:30 a.m. - Hardy and 10:45 a.m. - North Union and July 29 - 9:30 a.m. - Florence and 10:45 a.m. - Robbins.

Zoo Tour
The Stone Zoo volunteer tour guides will hold tours day at the Stoneham zoo from 10 to 4 on July 17. Hourly mini tours will include the mammal house, aviary and veldt.

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"People usually think of the Republican as for the status quo, with a big country club memberships, a big cigar; and the Democrat as young and lean and eager. In this race, that view has been twisted on its head," he said.

McNamara said it is still too early to pass judgement on the set of economic policies collectively known as "Reaganomics," adding, "In many instances he's on the right track, although some adjustments may be needed."

Adult Ed. Info To Be Available In Mid-August

Four courses were given through the Council on Aging for senior citizens. These classes were held at the Jarvis House and Arlington High School. This program will continue in 1982-1983.

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Mr. and Mrs. Kevin J. Kelly

Eileen M. Goulart Weds Kevin Kelly At St. Agnes'

Eileen M. Goulart and Kevin J. Kelly were married on Sept. 26 at St. Agnes' Church. The noon ceremony was performed by Rev. William Pearsall.

The bride is the daughter of Mr. and Mrs. Richard F. Goulart of Glen Ave. The bridegroom is the son of Mr. and Mrs. Herbert Kelly of Lehigh Acres, Fla.

The bride was given in marriage at the noon ceremony by her father. She wore a quana gown overlaid with chiffon with a high neckline and empire waist and sleeves trimmed with Chantilly lace and a complementing veil also trimmed in lace. She carried a cascade of white roses and Stephanotis.

Maryanne Goulart of Arlington was maid of honor for her sister. Bridesmaids were Leise Galvao of Lowell, Marita Ducharme of West Yarmouth and Cecilia Smith of Medford.

Perkins Daughter

Mr. and Mrs. John H. Perkins of Bedford announce the arrival of their second child, first daughter, Emily, at Newton-Wellesley Hospital on April 23. The baby's brother is Seth. Grandparents are Mrs. Erman W. Perkins of Arlington and Mr. and Mrs. Donald L. Andrews of Reading.

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Carol Sullivan Is Engaged To Paul J. Hanley

Mr. and Mrs. James F. Sullivan of Arlington announce the engagement of their daughter, Carol Ann to P. J. Hanley Jr., son of Mrs. Paul J. Hanley and the late Mr. Hanley of Milton.

Ms. Sullivan is a 1974 graduate of Arlington High. She attended Mt. Ida Junior College and Wheelock College where she earned a B.S. degree in early childhood education. She is a preschool teacher at The Children's Village in Cambridge and a part-time graduate student at Lesley College.

Her fiance is a 1972 graduate of Milton Academy. He attended Tulane and Northeastern Universities. He is currently a sales representative for Monroe Systems for Business in Walpole.

No wedding date is set.

Fischer First

Mr. and Mrs. Kenneth M. Fischer of Burlington announce the birth of their first child, James Frederick, on May 1 at Brigham and Women's Hospital. Grandparents are Mr. and Mrs. James M. Healy of Arlington and Mr. and Mrs. Frederick J. Fischer of New Milford, N.J.

Galluzzo Boy

Brian Joseph Galluzzo was born to Mr. and Mrs. Joseph Galluzzo of 140 Webster St. on June 23 at Waltham Hospital. He has a sister, Lisa Marie. Grandparents are Mr. and Mrs. John J. Conlon of Arlington and Mr. and Mrs. Anthony Galluzzo of Woburn.



Jan Marie Tobin

Jan Marie Tobin Is Engaged To Lawrence Bartlett

Mr. and Mrs. Stephen J. Tobin of Arlington announce the engagement of their daughter, Jan Marie, to Lawrence S. Bartlett, son of Mr. and Mrs. Lawrence G. Bartlett of Somerville.

Ms. Tobin is a 1974 graduate of Arlington High School and a 1977 graduate of the University of Massachusetts at Amherst. She is an accountant with Coopers & Lybrand in Boston.

Her fiance is a 1972 graduate of Somerville High School and a 1975 graduate of Northeastern University. He is a P.A. employed as corporate controller of Office Specialists in Boston.

An October wedding is planned.

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Beth Anne Brown Is The Bride Of Stephen MacCabe

St. James Church in Medford was the setting for the marriage of Beth Anne Brown to Stephen Patrick MacCabe on June 19.

The bride's parents are Mr. and Mrs. George McGuire of Jackson, Miss. The parents of the bridegroom, Mr. and Mrs. Bernard S. MacCabe, live in Erie, Pa.

The bride's brother, Scott Brown, gave her away. The bride had four bridesmaids, the bridegroom's sisters, Patricia MacCabe of East Lansing, Mich., and Kathleen MacCabe of Erie, Pa.; Martha Almquist of Somerville; and Maribel Bennett of Malden.

Joseph Selick of Livermore, Calif. was best man. The bridegroom's brother, Bernard MacCabe of Pittsburgh, Pa., was an usher with Roger Reed of Cambridge, Walter Strohmayer and Derek Ebeling, Koning, both of Arlington.

The bride is a former Arlington resident and a 1976 graduate of Arlington High School. She is senior secretary at the Department of Earth and Planetary Sciences, MIT.

The bridegroom is a graduate of McDowell High School, Millersburg, Pa. He holds a B.S. in engineering physics from Cornell University and is a candidate for an M.S. in electrical and nuclear

engineering at MIT. He is a research assistant at the MIT Plasma Fusion Center.

The reception was held at the Sheraton Lexington Inn, Lexington, followed by a honeymoon to Prince Edward Island and Nova Scotia. The couple live in Somerville. They will be moving to Palo Alto, Calif., in September.

Kiriakos Son

Mr. and Mrs. Arthur A. Kiriakos of 21 Surry Rd. are the parents of Andrew George who was born June 17 at Mrs. Auburn Hospital. Grandparents are Mr. and Mrs. Angelo Kiriakos and Mr. and Mrs. George Tsakirgis, all of Arlington.

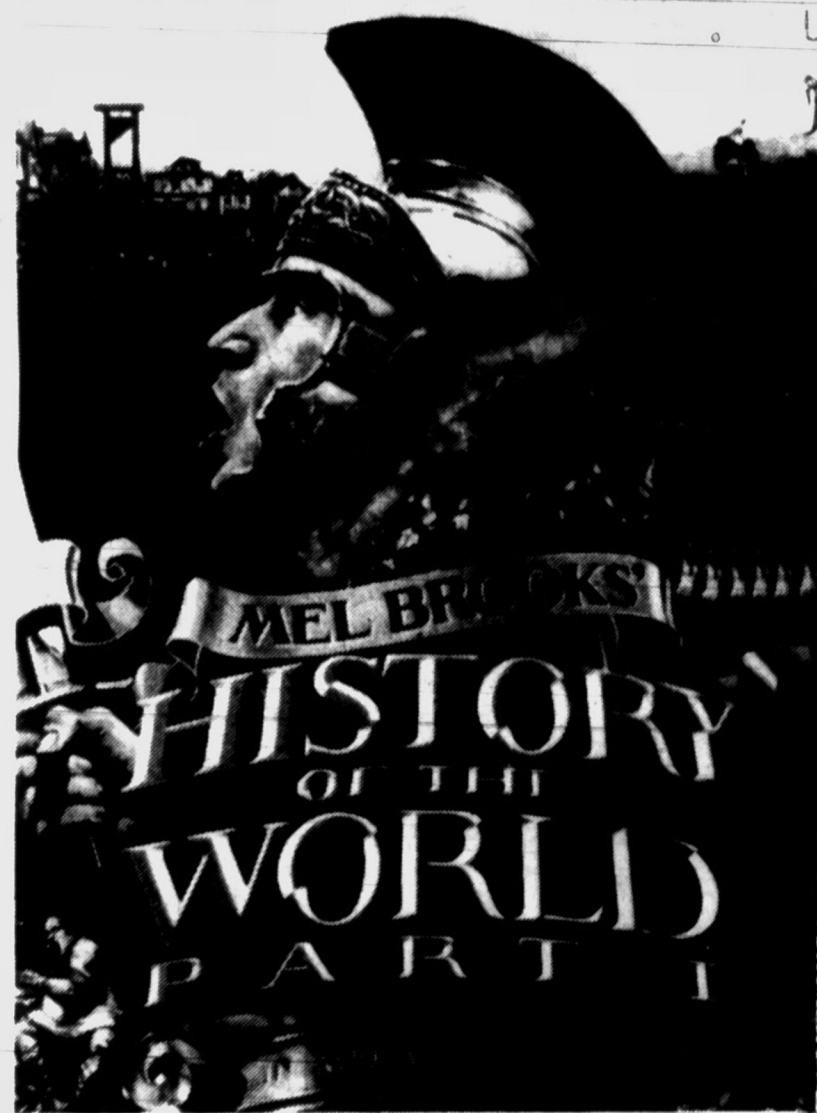
Mead 1st Child

Mr. and Mrs. Douglas E. Mead of Woburn announce the birth of their first child, Matthew Edward, on June 23 at Winchester Hospital. Grandparents are Mr. and Mrs. Allan V. Mead of Lexington and Mr. and Mrs. Charles A. Gatto Jr. of 141 Wright St.

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Local Graduates

U Mass Amherst

The following Arlington residents graduated from the University of Massachusetts in Amherst:

Patricia J. Barry, 35 Foxmeadow lane, B.A. in art history. Sonya J. Cusack, 20 Pine Ridge rd., bachelor of business administration in general business and finance. Mary Ellen Daveni, 11 Wheaton rd., B.S. in home economics.

Kathleen H. Downing, 93 Overlook rd., BBA in accounting. Patricia Ann Feeley, 30 James st., BFA in fine arts. Steven M. Fitzgerald, 38 Hillcrest st., B.S. in fisheries biology. Jane Anne Icton, 70 Edmund rd., B.S. in psychology.

Sadanobu Ikemoto, 2 Ronald rd., B.A. in political science. Joyce Jamgochian, 23 Glenburn rd., BBA in management. Lisa King, 37 Argyle st., B.A. in communication studies. Jeanne Marie Kirnes, 18 Margaret st., BBA in marketing.

David A. Martone, 48 Brantwood rd., BBA in general business and finance. Jean Marie Marzilli, 4 Brantwood rd., B.A. in psychology. Kathleen G. McEwen, 2 Stevens terr., B.S. in home economics.

Warren M. McEwen Jr., 2 Stevens terr., B.A. in history. Stephen J. Messenger, 129 Highland ave., B.S. in mechanical engineering. Christine E. Nunziato, 81 Thorndike st., B.A. in community studies. Susanna L. Peters, 61 Hodge rd., B.S. in electrical engineering.

Maureen Anne Quinn, 205 Jason st., B.S. in home economics. Patricia M. Rowe, 160 Renfrew st., B.S. in psychology. Cathy Ann Sousa, 363 Mystic st., BBA in accounting. Stephen J. Tosti, 35 Addison st., B.A. in political science.



B.C. GRAD — Donna C. Bernardo, daughter of Mr. and Mrs. Salvatore Bernardo of 2 Mary st., graduated cum laude from Boston College with a B.S. in nursing. The Arlington High graduate has accepted a staff nurse position on a surgical unit at Mt. Auburn Hospital.

Feeney Graduates

Marie W. Feeney, daughter of Mr. and Mrs. Stephen J. Feeney, graduated from the Katharine Gibbs School's 11-week entrance program to prepare college graduates for careers in business. She is a graduate of Arlington Catholic High School and Boston College.



Susan Cormier

Cormier J.D.

Susan L. Cormier, daughter of Joseph C. and Rosaline Cormier of 8 Sorensen ct., received her juris doctor degree from the University of Virginia School of Law.

She graduated from Arlington Catholic High School in 1970, and holds a degree in studio art from the University of Massachusetts, Amherst, from which she graduated magna cum laude in 1975.

At the University of Virginia, Ms. Cormier was editor-in-chief of The Virginia Law Weekly, the law school's weekly newspaper. She plans to sit for the Massachusetts bar examination in July.

Petitti Honored

Dr. Joseph N. Petitti, son of Mr. and Mrs. Joseph N. Petitti of 26 Cherokee rd., graduated from New England College of Optometry where he was named co-recipient of the Bausch and Lomb Contact Lens Award.

He was also recipient of the Robert Morgan Community Health Service Award. He has been named a resident in optometry at the Brockton V.A. Hospital for the coming year.

Cianciolo Master's

Lawrence Cianciolo graduated from Northeastern University with a master's degree in engineering management. He attended Brown University and holds a degree in aeronautical engineering from Boston University. He also has a master's degree in physics from Northeastern University.



B.S. — Ann Marie Mulhall of 27 Clyde terr. received a B.S. degree in physical education from Springfield College.

Middlesex Degrees

Four residents graduated from Middlesex Community College. Carol Jane Biagioni, daughter of Mr. and Mrs. John E. Biagioni of 101 Cutter Hill rd., received her associate degree in liberal studies.

Gerald Bishop of 140 Wright st. received two degrees, one in computer electronic technology and the other in liberal arts.

Veronica Femia, daughter of Richard and Edith Femia, received her degree in dental hygiene. She was a member of Phi Theta Kappa, national honor society.

Also graduating was Carol Rindone of 51 Claremont ave. who received an associate in science degree.



Denice Brouillette

Brouillette B.S.

Denice Marie Brouillette, daughter of Mr. and Mrs. Robert W. Brouillette, 92 Hemlock st., was awarded a B.S. degree in education at Framingham State College.

A 1977 graduate of Arlington High School, she concentrated in elementary education and minored in psychology and learning disabilities. Her undergraduate activities included review team for the school Onyx and an internship in the Ashland Middle School Learning Center as a Math and Mo-Co Specialist.

Miss Brouillette is the third member of her family to graduate from Framingham. Her mother, Ann-Marie, was a graduate of the class of 1954 and her sister Jeanne-Marie graduated with the class of 1977.

Miss Brouillette completed her degree requirements last December and was employed since January as a substitute teacher for the Arlington School System. She will be leaving for Texas in the late summer to teach in the Houston School District.

Pyykkonen Master's

Martin P. Pyykkonen, son of Mr. and Mrs. Paul Pyykkonen of 6 Hodge rd., received a master's degree in electrical engineering from Northeastern University. He is employed in the Lightware Communications Systems Product Planning and Management Division of Western Electric in Burlington.

Pyykkonen is a 1979 graduate of University of Lowell and a 1975 graduate of Arlington High School. He is working on a master's business administration degree at Boston University.

Cecere R.N.

Catherine E. Cecere, a graduate of Arlington High School and Youville Hospital School of Nursing, has graduated as a registered nurse from Greenfield Community College.



CUM LAUDE — Julie Sullivan, daughter of Mr. and Mrs. Quinlan J. Sullivan of 350 Mystic st., graduated cum laude with a B.S. in nursing from Boston College. She is a 1978 graduate of Arlington Catholic and is working at St. Elizabeth's Hospital.

Carnell Degree

Chuck Carnell, son of Mr. and Mrs. Charles Carnell, received his associate's degree in fire safety and technology from Bunker Hill Community College. He will join the Lexington Fire Dept. this month.



BOSTON STATE — Anne L. Johnson, daughter of Mr. and Mrs. Robert Johnson of 85 Forest st., graduated from Boston College with a B.S. degree in early childhood education and special needs. She is an Arlington High graduate.

Fenerjian B.A.

Maryanne Gail Fenerjian, daughter of Esther A. Fenerjian of 62 Yerxa rd., received a bachelor of arts degree from Harvard University. She was a biology major, graduating cum laude in general studies.

In addition to being named a Radcliffe Club Scholar, Miss Fenerjian was active in the Crimson Key Society and served on the production staff and executive board of the Harvard Yearbook Publications. She plans a career in research.

Wade Graduations

The Wade family of 6 Windermere park celebrated two graduations. Stephen, a graduate of University of Lowell School of Music, received his master's in music from New England Conservatory of Music. He is now auditioning.

Karen graduated from Holy Cross College cum laude. She is working at Chase Manhattan Bank in New York City as a junior operations analyst. Both are graduates of Arlington Catholic High School.

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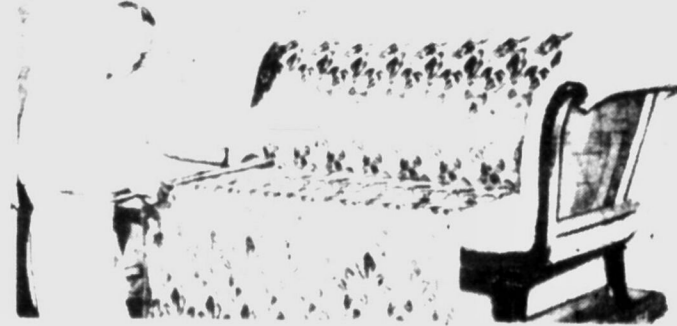
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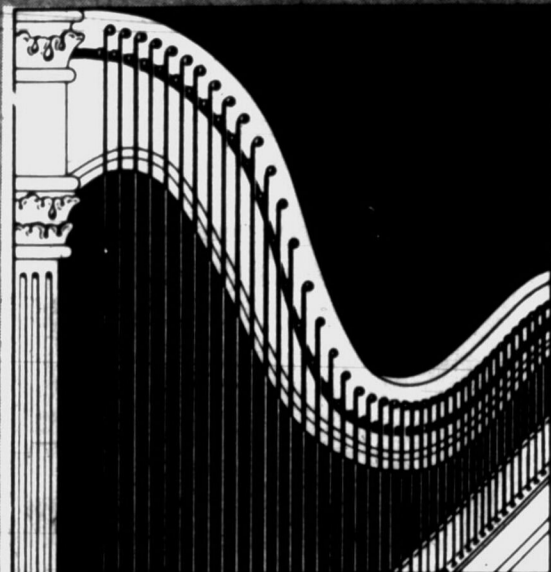
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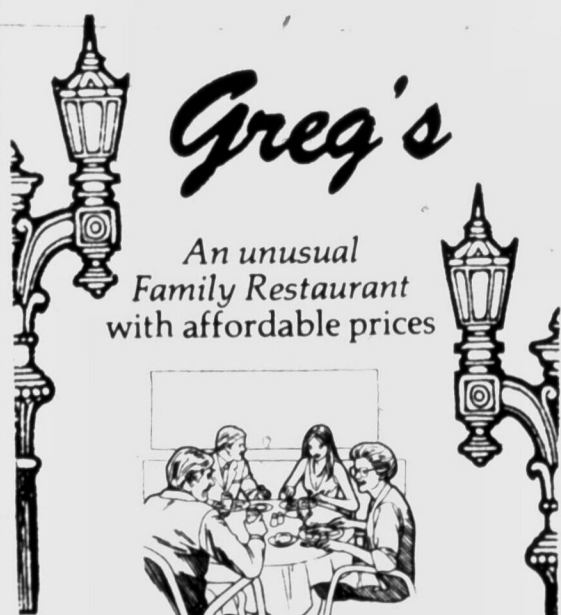
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Comment

A Page of Personal Opinion for Public Reflection

The Arlington Advocate, Thursday, July 15, 1982

Collins' Corner

By Leonard Collins

The Center Of Old



From time to time young folks today ask questions about Arlington when you and I were young, Maggie. Here is a photo of the Patriots Day parade in Arlington in the year 1900. We see a group of what was known then as our "call firemen" and they are putting up the decorated piece of equipment known as the Eureka, small boys on foot and on bicycles following along.

The photo was taken at the corner of Mass. Avenue and Mystic Street. The building on the right is still at the corner of Mystic Street. The house on the left is long gone and down the street a bit was the Pierce and Will Coal Co. There is a picture of a small retail store which advertised boots, shoes and rubbers for sale, and also a real estate broker.

Just beyond was the street car tracks for the car that stopped at the corner, and the conductor changed the trolley around and away it went over to Winchester stopping at two switches at Old Mystic Street and another on Church Street in Winchester.

The building in the background is still there. At the time of this photo it was the drug store of Grossmith and in later years upstairs was the home of the Arlington Knights of Columbus, and later still Arlington Sons of Italy. Downstairs was Sprague's Ice Cream Parlor which was also the waiting room for those riding on the street car. An interesting passenger on many nights was the governor of the Commonwealth, Samuel McCall, who lived just beyond the Winchester Country Club.

Over in the distance can be seen the Russell School. The small shanty was the headquarters of the gate tender for the railroad. With 72 trains a day, 36 going into Boston and the same number coming out, those gate tenders were kept very busy.

The first train came through at 6 a.m. and the last one arrived in Arlington Center at the depot at midnight. Now the men handling these gates were kept very busy in the Center. The gates were raised by hand before the engine came through. It was a very important job and the large sign at the corner of Mass. Avenue and Mystic Street told all to stop, look and listen. Students were warned in school not to step between the rails in case their feet got caught.

The little "shanty" made headlines one year and was well covered by the newspapers. It seems Chief Equart placed charges against a police officer for playing cards in the shanty while on duty. The officer claimed he was on his coffee break, but a hearing was held in the Town Hall with about 1,000 citizens in attendance.

The officer was represented by an attorney. The chief was booed after giving his charges and the crowd cheered the culprit. When it was finished the judges, who were the three Selectmen, found the "cop" not guilty, and so he was reinstated and went back to work. It was the best show in town that year.

So that building became historical and on cold winter nights it was crowded with citizens coming out of the cold or rain. Rumor had it that some members of the local constabulary stepped in now and then to look around, especially for years when all lights in Arlington went out at 1 a.m. and the Center was a very lonesome spot. Until daybreak the only action seen was the market men with horse-drawn teams going to market. They came from Lexington, Concord and Lincoln and, of course, the many farms in Arlington.

Way back in those days we find a police report by the chief listing some arrests. A minor in a pool room (we had two in town) in the barber shops. Riding a bicycle on the sidewalk caused two arrests and during the years many were charged with various offenses and they listed their nationalities. There were 20 Americans, numerous Irish, Italians, Nova Scotians, Russians, Jews, Swedes and Canadians, and one Chinaman. Rumor had it that he failed to have the chief's shirt laundered on time for him to lead the grand march at the annual Policeman's Ball in the Old Town Hall.

There will be no Shakespeare on the green this summer. Patrick Vaughan, who was launching the ambitious project to perform Shakespeare at Robbins Farm next month, extends his apologies and thanks to everyone who was interested in the program, but he has had to cancel. He says his was a low-budget production and two key people had to drop out late last week when they found jobs. Maybe someone else will pick up the idea for next summer.

Not cancelled because of lack of key people is the talkline which Choate-Symmes Health Services Inc. operates. The talkline, which is located at Choate Hospital in Woburn, needs volunteers for telephone crisis intervention. Also needing help this summer is Dare Family Services of Somerville, which serves this town. The agency is looking for a family to adopt a 5-year-old biracial boy.

The current issue of Bay State Employee, the publication of Council 93 of the American Federation of State, County and Municipal Employees, features Arlington its cover story. A big picture of School Dept. carpenter Bob Mills is on the cover. The article tells about Local 680's effort to get members elected to Town Meeting. Fourteen of 16 candidates were elected. Mills was one of the winners. The article reports that the town's unions have formed a coalition which will caucus on issues of common interest and vote as a bloc at Town Meeting. The idea of running for Town Meeting was developed by local president Steve Dolan, Nancy Thorpe and Marilyn Seward. The goal of Local 680, according to Dolan, is to become a force in Arlington politics.

Years ago people used to say that town employees controlled Town Meeting. In the years past when the pay raise articles came up the first night attendance was always at its best and some members never returned to vote on other issues. When The Advocate several years ago did a story on how many meeting members were related to people on the town payroll many of the relationships at that time were parttime workers in recreation and the library who had fathers or husbands on the Finance Committee and that sort of thing. There was no big bloc of meeting members who were employees. Candidates for local office, especially Selectmen, always make a pitch as if the town employees are a major political force. Sometimes the employee groups have touted themselves as such and not been able to deliver the votes. To their credit, the employees seem to be able to



Patriots Day in 1900

Letters To The Editor

Letters

Letters To The Editor are welcome on matters of interest to local readers. Deadline for submission of letters is 4 p.m. Monday. Letters should be typed and limited to 250 words. Names will be withheld on request. Anonymous letters will not be published.

Zoning Decision

TO THE EDITOR:

The Arlington Historical Commission was dismayed to read that the Zoning Board of Appeals, by what seems to have been an incredibly devious if not illegal procedure, has authorized the use of a property on Pleasant St. for business use.

We know that this decision was made over intense neighborhood opposition. Letters and public appearances by residents determined that the area should retain its historic residential character were to no avail. We share their frustration and distress at the outcome of the latest hearing.

By this letter we hope not only to make clear our conviction that Pleasant St.'s historic character as a gracious residential avenue approaching Arlington Center should be preserved.

We also wish to invite citizens interested in the preservation of the historic character of their own neighborhoods or in the saving of individual structures from what they believe to be misguided progress to get in touch with the Historic Commission at an early stage of their struggles to preserve a part of Arlington's heritage. We shall do our best to assist them.

Sincerely yours,
Philip H. Bazar,
Chairman
Arlington Historical Commission

Cable TV

TO THE EDITOR:

June 10th's issue of The Advocate contained a couple of critical letters about Arlington Cable TV that I thought were right on target.

Having recently cancelled my Arlington Cable TV contract, I would like to add my voice to the chorus of complaints that I am sure will soon be forthcoming relative to the operation of this local enterprise. Their billing which sometimes takes over two weeks to record, their service which is difficult, if not impossible to obtain, and their programming, which is abominable, all are in need of professional management.

Now, according to The Advocate's editor's comments, we find that Arlington Cable TV has a 10 year license. Ten years of this type operation is a long sentence to impose on Arlington citizens.

Since the Board of Selectmen are responsible for the granting of this license, it would seem that they have the duty to review the performance of the licensee, and, if it is determined not to be in the public interest, to demand that it be corrected. It is about time they did so.

John F. King

Omission

In the story on Town Meeting attendance which appeared on page 28 in the July 1 issue of The Advocate the names of several with perfect attendance in Prec. 14 were left out.

Attending all 13 sessions from that precinct were Kenneth C. Marquis, David Geanakakis, Robert C. Spence and Murdena A. Campbell.

Thanks

TO THE EDITOR:

In behalf of the Arlington Art Assn. we would like to express our sincere appreciation to The Advocate for the coverage you gave to the Arlington Art Assn. and its members during this past year.

Sincerely,
Helen Glynn
President

Thank Advocate

TO THE EDITOR:

Through the medium of this letter, in behalf of the board of directors, the staff, the volunteers, and our 2560 members, I wish to join with a number of Arlington organizations, who recently publicly expressed their appreciation to the Advocate for their cooperation in printing our news copy, week in and week out, during the past year.

As I reflect upon the space allotted to our weekly news articles, and contemplate in dollars the projected cost to print the news I am deeply moved for there is no way, as a charitable organization, that we could afford to pay for this service.

This sense of gratitude is not limited to just the publisher and editor, but rather to all The Advocate Staff, e.g. the reporters, photographers, office people, who are equally committed to making Arlington's weekly newspaper one of the very best.

As well, I wish to commend those responsible for reporting sensitive issues from time to time. In my considered opinion, a professional, human approach is paramount to the writers in all such matters, as evidenced in the written word.

Again, with profound thanks — may we always merit your support in our efforts to enhance the growth and development of the youth of our Town.

Very truly yours,
George P. Faulkner
Executive Vice President

Thanks

TO THE EDITOR:

The Tower Mothers Club would like to thank you and your staff for the coverage that you gave our programs and activities this past year. The public service certainly was much appreciated.

Sincerely,
Marie Lombard
Publicity

Thanks

TO THE EDITOR:

The Women's Guild of Park Avenue Congregational Church wishes to express appreciation for the wonderful coverage of the monthly meetings during the past year.

Sincerely,
Priscilla Gillis
Chairman Publicity

Bulletin Board

Town Day Executive Committee-July 15, 4 p.m., hearing room, second floor, town hall.

Arlington Contributory Retirement Board, July 15, 5:30 p.m., third floor, town hall annex.

Board of Examiners-July 15, 7 p.m., Inspection Division, 51 Grove St.

Arlington Council on Aging, July 21, 7:45 p.m., Jarvis House, 50 Pleasant St.

Man About Town

ascertain and vote for the candidate without any help.

Rep. John Cusack reports that Gov. Edward J. King signed a \$257.5 million package to approve bond issues to improve water quality and management in the state. The package includes \$60 million for leak detection and rehabilitation of community water systems, \$2.5 million for water conservation in public buildings, \$10 million for water clean up, \$10 million for acquisition of water supply sites by communities and \$25 million for construction of water filtration systems.

Arlington helped create some of the new public interest in water conservation by asking that the governor declare Water Conservation Week which was noted in June. The Special Legislative Commission On Water Supply, which Cusack co-chairs also asked for the observance. Cusack says that the newly approved leak detection program is identical to the 1979 program under which Arlington received \$9420. The new legislation will require the Dept. of Environmental Quality Engineering to allow towns like Arlington that could not be funded a second time because of limited funding to provide supplemental and clarifying information for consideration.

According to Cusack the Arlington Public Works Dept. through Jack Bowler will apply for funding under programs for publicly owned wastewater treatment facilities, lake restoration, water quality demonstration and research projects and public building water conservation.

Arlington residents were introduced to the word "infrastructure" during Town Meeting and DPW budget time. It's a word a lot of people have heard about. The June issue of New England Business reports that a recent meeting of the Council of State Governments agreed that they have to change that word if they are going to get attention for the problem. A Pennsylvania Congressman, William Clinger, was quoted as saying, "Infrastructure is the sleeper issue of the 80s. It's a time bomb that's been neglected too long and it's about to explode." Says the magazine, that time bomb means "billions of dollars will be needed to keep bridges, highways, railroads, sewer and water systems from decaying beyond the point of obsolescence." This is happening at a time when spending is being cut and borrowing is expensive.




One statistic quoted in the article is that general, urban areas

with populations of more than 50,000 will have to spend \$75 billion to \$100 billion during the next 20 years to maintain their water systems. Two suggestions for relief are increased user fees and private-sector operation of public facilities. These are the kinds of problems which the Bowler brothers in Public Works have been talking about and which they are trying to do something about through the new sewer fees which went into effect this month.

State House News

All of the roll calls reported this week resulted in identical votes by the Arlington legislators. The House and Senate voted for a \$75 million bond bill to improve state highways and bridges and \$16 million to expand prisons. The House approved a \$61 deficiency budget for fiscal 1982.

The Arlington Advocate

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Third In A Series:

Pride In Your Community

A Salute To Those Who Serve

Volunteers Keep An Old-Fashioned Craft Alive

By CRAIG STEDMAN

Time stands still at the Old Schwamb Mill, where they still make picture and mirror frames the way New England millers did back in the mid-1800s. The people who run the mill today have continued the old ways both to pay tribute to those 19th century millers and to provide the rest of us with an idea of what it was like to work in America in the early days of the Industrial Revolution.

The red-clapboard building on Mill lane off Lowell street is equal parts operating mill and museum available for guided group or individual tours. And it is unique: not only is it the oldest maker of hand-crafted, individually-turned, custom-made circular and oval picture frames in America, it is also the only one still in operation. It stands today thanks to the efforts of the Schwamb Mill Preservation Trust, a group of Arlington residents who saved the building from demolition in 1969 and made it what it now is.

Mills of one form or another have stood on the site of the Old Schwamb Mill along Mill Brook since the middle part of the 17th century. For more than 200 years, the site was occupied alternately by a saw mill, a spice mill, and a grist mill. In 1864, after a fire destroyed the grist mill, brothers Charles and Frederick Schwamb built a framing and molding works.

As oval frames became popular, Charles developed an elliptical lathe specifically designed for them, and business boomed. For four generations, the Schwams continued to operate the mill, until by 1969 mass-production put them out of business. It was then that the Preservation Trust, and Patricia Fitzmaurice, its leader, in particular, stepped into the picture.

Fitzmaurice is still there, as director of the mill. Through the years, she's seen to it that the mill lives up to the plaque that hangs on the wall in the main office. The plaque commemorates "the inventive genius and practical ability of New England's millwrights and millers." Indeed, the Old Schwamb Mill is living monument to those men, women and children.

Little has changed at the mill since the day of Charles Schwamb. Fitzmaurice, Gordon Whittemore and Martha Quigley still cut frames on the same machines the Schwams used when they first built the mill. The only real difference between now and then is that the machines are driven by electricity instead of water power.

But more goes on at the Old Schwamb Mill than frame-making. There are, of course,

the tours, available for groups with reservations and for individuals (no reservation required) Monday through Friday from 8 a.m. to 4 p.m. The mill had sponsored classes in a variety of crafts, but gave that up for economic reasons. However, classes in silver jewelry, model ship building and scale-model doll-house construction are currently taught at the mill by teachers who rent space from the mill. Other classes may be added later.

A class for school teachers, conducted by the Charles River Museum of Industry in Waltham, will also make use of the mill, while a painting restorer and a mail-order Shaker furniture supplier also rent space in the main building. Various programs, such as completion of an exhibit area, an operating manual for the machines in the mill and a written history of the mill, are now being planned, having been made possible by several small grants.

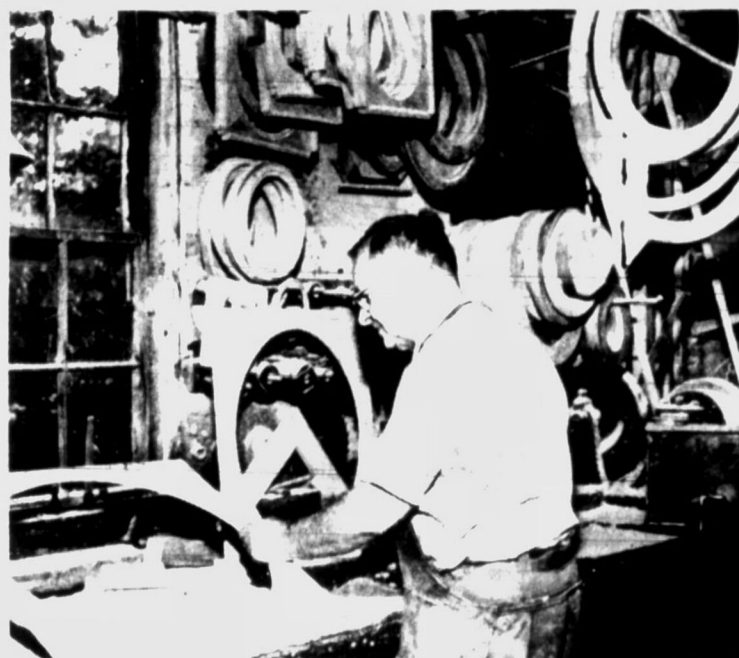
The mill itself is made possible by the time, energy and money of a large number of people. Fitzmaurice and 15 others — most of whom are Arlington residents — volunteer as Trustees of the mill, while David Baldwin, director of the Arlington Historical Society Museum, supervises the condition of the mill's property and Melissa Smith heads the membership program and serves as administrative assistant.

There is also the Larson

family, who own the property where two of the mill's three buildings are located. "They've been very good to us, no doubt about it," Fitzmaurice said. "They could have torn those buildings down if they wanted to, but they've always wanted the same thing we wanted." And there are the 250 members of the mill and many others who contribute anything from \$10 to \$1000 each year.

However, all that monetary support is just barely enough to make ends meet, Fitzmaurice said, especially since a Hawaiian palace museum has only paid the mill half of a \$38,000 fee for work completed last fall. "We really need help," Fitzmaurice said. "The cost of oil and electricity is so high these days. We pay more for oil than we pay any single person who works here." She would like to see the mill have 2500 members, and plans are now being laid for a "super" fundraiser to be held this fall.

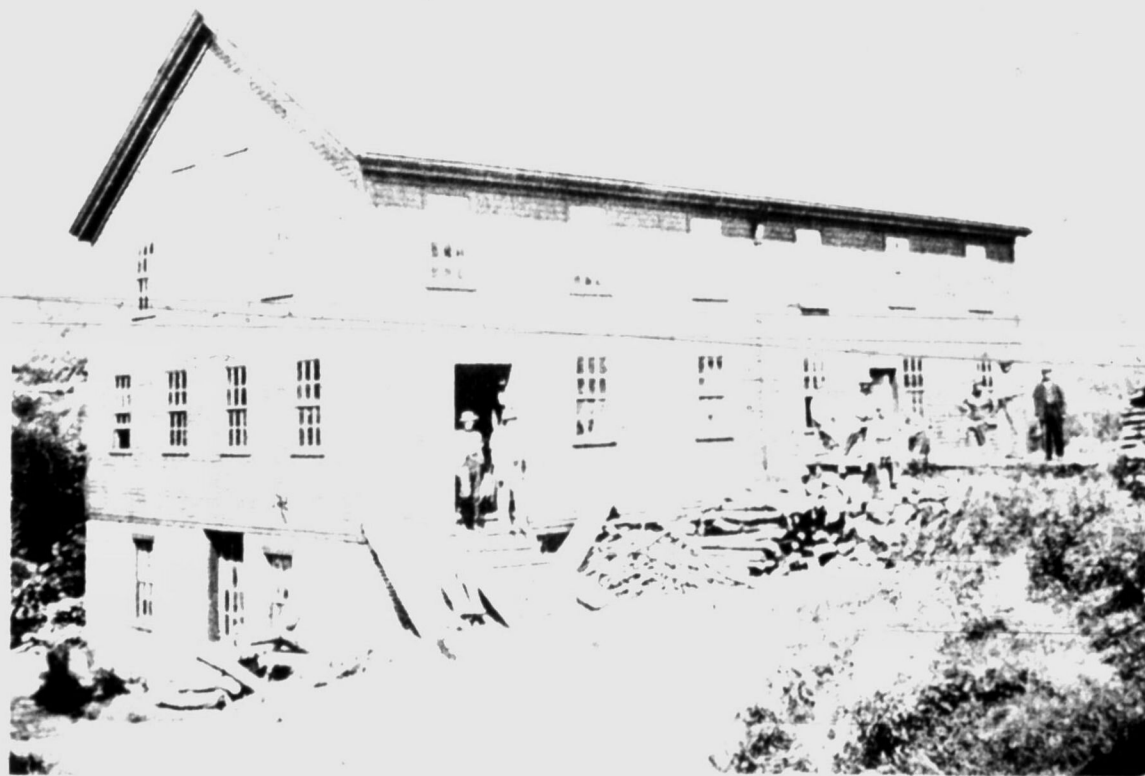
Fitzmaurice noted that it isn't easy raising money for the mill. "People will work for years to preserve an old house, but the idea of preserving an old working place is so new," she said. But, she added, preserving working places is just as important as preserving homes. "This mill is part of the memory of the town of Arlington, and it's a little part of New England history," she said. "We want to teach people about the generations of workers who built this country. It's not a Disneyland operation; it's the real thing."



Assembling the frames



Using the mill's unique elliptical lathe.



The mill in earlier days

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Some Tips For A Safe Summertime

"There are lots of accidents that clearly could be prevented."

—Dr. Michael Erdos

By Elizabeth Warwick

Sunshine, ice cream, swimming and barbecues—all the signs that summer is in full swing. But danger lurks behind these activities when people fail to draw the line between carefree and careless, fun loving and foolhardy.

During the summer months, Dr. Michael Erdos of the Symmes Hospital Emergency Department, treats a variety of injuries ranging from minor to life threatening. Dr. Erdos says, "There are lots of accidents that clearly could be prevented."

One of the most common injuries he sees is the sprain, a stretching or tearing of ligaments. Dr. Erdos explains that sprains occur because people are out of shape and fail to warm up. The proverbial "weekend athlete" who overdoes on athletic endeavors without pre-game stretching is most vulnerable.

A sprain should be treated with ice and elevated for the first 24 hours. This helps ease the pain and minimize swelling. Rest is the only cure.

Dr. Erdos says, "They are annoying injuries because they're not totally disabling." He warns that too many people put weight on the injured part before it is healed thereby delaying full recovery.

If a person experiences a great deal of swelling or increased pain, he should see a doctor. The injured area will be wrapped and the person ordered to stay off it for seven to 10 days. A sprain not healed within 14 to 18 days should be re-examined.

Bicycling

Zippering down the steep hills of Arlington on a bicycle may be an exciting pastime, but there are certain precautions cyclists must take.

"I would stress the use of a helmet, not just for people commuting to work," says Dr. Erdos. He explains that any person on a bike is a potential accident victim. If thrown from the vehicle, a rider without a helmet is open to severe head trauma.

For a minor head injury, apply ice and keep the victim quiet and resting for an hour or so. Persons exhibiting a loss of consciousness, vomiting, strange behavior, sleepiness, slurred speech, forgetfulness, disorientation, severe headaches and seizures should be taken to the hospital at once. These symptoms indicate an emergency situation.

Swimming

Chilly Blue Waters offer an irresistible opportunity to cool off, but swimming requires a few precautions. "Never swim alone. I don't care who you are," says Dr. Erdos.

He adds, "Be aware of the depth—whether it is safe to dive." These two simple practices, being with a "buddy" and checking depth, can prevent drowning and paralyzing injuries.

For a near-drowning victim, check that air passages are clear, that breathing is normal, and, if necessary, administer CPR. Call for help immediately.

Divers who neglect to check water depth may sustain injuries to the back and neck. If a diver appears to be in trouble, get him out of the water, but no further. Movement can damage or sever the spinal cord and compound the damage already done. Seek medical aid at once.

Cuts, Lacerations

Cuts and lacerations are often the painful price one pays for the freedom of bare feet. A minor cut should be cleansed with soap and water, then covered with a bandage. Keep the area clean and watch for signs of infection.

For a deep cut, apply direct pressure to the wound to stop the bleeding. Check medical records to ensure that the person has had a tetanus shot within five years or a tetanus booster within ten years.

If bleeding continues, or the wound is very deep, report to the hospital to have the cut examined. Dr. Erdos warns that sutures or stitches must be done within the first 12 to 24 hours.

Sunburn

Sunburn is one of the most common summer irritations. There are several ways to ease sizzled skin. Apply cold compresses and try commercial sprays, which Symmes Hospital recommends over ointments or lotions. Get plenty of rest and drink non-alcoholic fluids. Aspirin may diminish the pain and reduce inflammation.

If the victim's skin is blistered and he is in unusual pain, report to the hospital. The sun's rays can cause severe first and second degree burns.

Sun aficionados should exercise caution and avoid prolonged exposure. Wear a head covering and invest in a sunscreen.

Anyone taking medications such as tetracycline or

tranquilizers would be wise to check with his doctor before venturing out. These drugs sensitize the skin and make it more susceptible to burns.

Heat

As temperatures rise, there is a danger of heat exhaustion and heat stroke. Symptoms of the former include thirst, fatigue, dizziness, profuse sweating, nausea, vomiting and muscle cramps. Have the victim rest in a cool place and sip a glass of water with a dash of salt added.

Heat stroke is a medical emergency and requires prompt medical attention, as body temperature often reaches 106 or higher. Sweating may be profuse or the person may lose the ability to perspire. Pulse will be weak and rapid. There may be vomiting, abdominal pain and confusion.

Cool the victim in a tub of water or with cool towels until body temperature falls to at least 102. Then go to the hospital at once.

Softball

Summer sports such as softball can be hazardous to the eyes. If hit with a bat or ball, apply ice. All eye injuries require professional attention.

Bug Bites

Bugs and their bites are an annoying part of the warm months. Once bitten, check for



To have a safe summer be careful with bare feet...

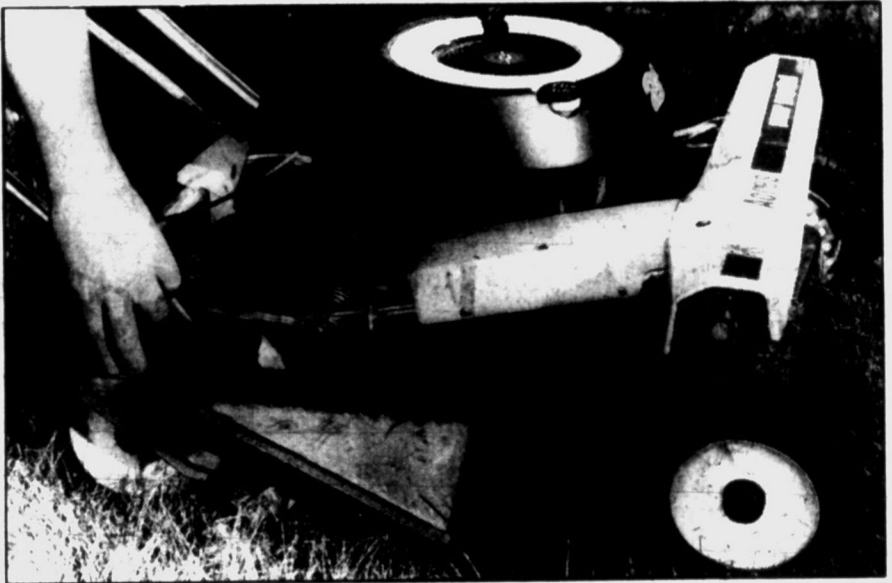


Using propane...

see if a stinger is present. Using tweezers, carefully remove the stinger and wash the area with soap.

There will probably be redness, itching, and swelling. These symptoms can be relieved through ice packs, calamine lotion or meat tenderizer made into a paste with water. Should the wound continue to swell, become red, and be painful after 48 hours, check with a physician to rule out any possibility of infection.

Most bug bites are an itchy nuisance, but some individuals are allergic to the insect's venom. A person who exhibits wheezing, hives covering the body, difficulty breathing, tightness in the chest and throat, sneezing, itching around the eyes, weakness and fainting



Using a lawn mower...

requires immediate medical care. These reactions can be fatal if not treated properly.

Itchy Rashes

Poisons ivy, oak and sumac cause miserable contact allergies. The irritating oils on the plants are the real culprits. Be forewarned that these oils can be carried by clothing, smoke and animals.

As degree of sensitivity varies from individual to individual, the rash may appear 12 hours to several days after contact. This rash is not contagious. The redness and blistering last from 10-14 days. Use a topical cream or lotion if prescribed by the doctor. Medications such as antihistamines may be given to relieve the itching.

For a less serious or extensive rash, cool water compresses or baths will give great relief. A small amount of chlorine bleach (1 tsp. per gallon) will help to dry the blisters. Do not use this mixture anywhere near the eyes.

Watch for signs of infection which include pus, increased redness, and swelling. If the rash does not gradually heal, see the doctor.

Campfires

A summer campfire can result in tragedy without careful surveillance. The flames can cause severe burns, pain, and disfiguring scars.

If clothing catches on fire do not run. Immediately drop to the ground and roll to extinguish the flames. Remove all non-sticking clothes and all jewelry before swelling begins. Apply ice water.

Dr. Erdos emphasizes that any other substances, such as butter or lotion will only compound the damage. Ice water will minimize swelling, blistering and give relief from the pain. Seek medical attention

if the burn is severe (blisters, white patches of charred skin) or covers a large area.

Dr. Erdos notes, "I think the critical thing is to anticipate a hazard and prepare for it. It is easier to prevent than treat."

Safety Tips

As part of this prevention I.T. Philip F. Canniff, Arlington Fire Prevention Officer, has some summer safety guidelines.

"Be careful about flammable fluids," he says. These fluids which include fuels, solvents and cleaning agents, should be stored in the proper safety metal containers. Keep all chemicals at least 50 feet from the house and away from eating or play areas.

Cleaning agents for a pool need a cool, dry storage site. Make sure that the bottles are carefully sealed, warns Canniff. The fumes from the chemicals are lethal.

A power mower makes lawn-cutting a simple affair, but caution is needed when filling the tank. "People are lazy," says Canniff. His recommendation is to not refuel the mower in the same place where it will be started. Fumes can build up underneath and ignite when the engine is turned on. His procedure is to move away, fill the tank, wipe off the mower and then return to the cutting.

The charcoal grill requires careful handling according to Canniff. Once the coals have begun to burn, do not try to freshen the flames. The lighting fluid can cause a "flashback" where the fire leaps toward the can of liquid and the hand holding it.

Propane grills require safe use. The propane should be stored in a safe place. Canniff notes that few people bother to clean the rubber tubes connecting the tank and grill.

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